



Support the Graystone Home and School Club

Almaden Pilates and the Graystone Home and School Club are pleased to announce that Almaden Pilates has generously donated Pilates classes for all interested Adults.

For a simple donation of only \$59, you will receive a 1-1 orientation lesson and up to 5 weeks of consecutive training (max. of 10 classes). There is no obligation to continue after the 5 weeks and 100% of the proceeds go to the Home and School Club.

OFFER VALID THROUGH 03/30/12



About Almaden Pilates and Janel Waldschmidt

When I was 17 years old, I had a horrific accident. The impact fractured my pelvis, hip and completely shattered the lumbar. Two surgeries later, I was left with a fused lumbar and told that I would be “**Lucky**” to be in constant pain and would lack the ability to walk properly. Then I found Pilates. Now, I am pain free. Not only do I have the ability to walk, but I was able to have a normal pregnancy “twice”, which my doctor stated would be an impossibility! Almaden Pilates is unique in that it offers various levels of classes for athletes, for those that are looking for an incredible workout, for rehabilitation and reinvigoration. Classes are hosted both mornings and evenings. Janel was featured in the Sept/Oct. issue of 95120 magazine.

Mat 1 and Mat 2 Classes

Schedule: (Meets up to 2X/Week)
M/Fri – 9:15-10:15 a.m. (Mat 1)
T-/Th - 9:00 - 10:00 a.m Th- 6-7 p.m. (Mat 1)
M- 10:15-11:15 (Mat 2)



\$59



Rehabilitation Classes (Pillar)

Schedule: (Meets up to 2X/Week)
T/Th 10:15-11:05 a.m.

10 Classes

WHAT: Pilates: A method of a physical fitness system developed by Joseph Pilates in Germany. Pilates focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles. Pilates is perfect for either strengthening the body (Mat 1 or 2) or repairing the body from injury (Pillar).

WHERE: All classes are held in our private studio located in the back of America’s Best Karate (6940 Almaden Expressway)



Restrictions: Classes must be attended in succession. Students may purchase 1 promotional program per school year. Graystone Families are eligible (including non Graystone Students; however, current Almaden Pilates students are not eligible for this promotion. There is NO obligation to continue after the promotional period. For more info: **Almaden Pilates (408) 761-1732 EMAIL: almadenpilates@yahoo.com or visit us at almadenwellness.com**